



# FROLIC 5K RUN & MILE WALK

RUN WITH "PRESIDENT LINCOLN" THIS YEAR

Saturday, September 28, 2019 at 7:30 A.M.

Proceeds benefit the Lincoln Log Cabin Foundation to support educational programming, events, exhibitions, and preservation projects at Lincoln Log Cabin State Historic Site. The run and walk will kick off Harvest Frolic, an annual festival celebrating 19<sup>th</sup>-century rural life with artisans, musicians, performers, and food.

## Location

Grounds of Lincoln Log Cabin State Historic Site, 402 South Lincoln Highway Road, Lerna, IL - 8 miles south of Charleston, IL.

## Course

Natural terrain, partial asphalt and gravel trail winding around historic buildings and grounds, accurately measured. Walk will take different path from run. Everyone starts from Pavilion 1 just inside site entrance, plenty of parking. Strollers allowed only on walk. No pets please.

## Entry Fee and Registration

Pre-registration postmarked by September 23.  
Race day registration from 7:00 a.m. to 7:30 a.m.  
\$20.00 entry fee for both run and walk with pre-registration, \$25 day of the race, includes t-shirt.

## Awards

Run: First overall male and female. Top finisher in each division. (No duplicate awards)

Walk: Top 3 finishers.

## Age divisions for run:

12 and under; 13-19; 20-35; 36-49; 50-59; 60-69; 70+

## Information

Email: [lsff@lincolnlogcabin.org](mailto:lsff@lincolnlogcabin.org); ph: 217-345-1845;  
web site: [www.lincolnlogcabin.org](http://www.lincolnlogcabin.org); entry fee may be paid by check and mailed along with form below to: Lincoln Log Cabin Foundation, 402 South Lincoln Highway Road, Lerna, IL 62440. Or an online application is available at [active.com](http://www.active.com/lerna-il/running/distance-running-races/frolic-5k-and-mile-walk-2019):  
<http://www.active.com/lerna-il/running/distance-running-races/frolic-5k-and-mile-walk-2019>

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Sex: M F

Street \_\_\_\_\_ Birth Date (month/day/year)

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email address \_\_\_\_\_ Phone: \_\_\_\_\_ Event: 5k  Walk

T-Shirt Size: S M L XL XXL

In consideration of your acceptance of this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive, and release any and all rights and claims for damages I may have against the Lincoln Log Cabin Foundation, and other supporters of this race for any and all injuries suffered by me in this event. I verify that I am physically fit and have trained for this event.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_